



## SUICIDE HELP CARD



### Signs of Suicide

- Appears depressed; sad, tearful, poor sleep, poor appetite, hopeless;
  - Threatens suicide;
  - Talks about wanting to die;
  - Shows changes in behavior, appearance, mood;
  - Abused drugs, alcohol;
  - Experienced significant loss;
  - Deliberately injures self;
  - Giving away possessions;
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## WHAT TO DO

Provide **AID** ...

**Ask** Don't be afraid to ask  
"Are you thinking about hurting yourself?"  
**Intervene** Immediately!  
**Don't** Keep it a secret!

Follow the acronym **LIFE**

**Locate Help:** Chain of Command, Chaplain,  
doctor, nurse,  
friend, family,  
crisis line, hospital  
emergency room

**Inform:** Chain of command of the situation

**Find:** Someone to stay with the person - **Don't**

leave the

person alone!

**WHAT TO DO**

**Expedite** Get help immediately!  
Provide **AID** ... suicidal person needs

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**FOR EMERGENCIES, CONTACT THE**

**BRIGADE UM #1-800-235-3939**

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